



unicef   
for every child



# COVID 19

PARENTING TIPS

TALK TO CHILDREN ABOUT COVID 19



WHAT HAPPENED LAKSHMI?



THERE IS NOTHING TO BE AFRAID OF, MY DARLING

AMMA, I AM SO SCARED OF COVID!

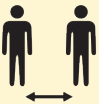


IF WE STRICTLY FOLLOW THESE MANTRAS  
TO KEEP COVID AWAY. EVERYONE SHOULD  
KNOW THE FOLLOWING

- A. FREQUENTLY WASH HANDS WITH SOAP FOR AT LEAST 20 SECONDS BEFORE COOKING, AFTER COOKING AND BEFORE EATING; AFTER COUGHING OR SNEEZING. CLEAN YOUR HANDS BEFORE AND AFTER TAKING CARE OF SICK PEOPLE; AND AFTER USING TOILET.



- B. MAINTAIN SOCIAL DISTANCING WITH OTHERS BY AT LEAST 1 METRE. AVOID GOING TO THE CROWDED PLACES.



- C. NOT TO GO OUT OF HOME AND PLAY IN THE PARKS OR PLAYGROUND.



- D. WEAR MASKS WHENEVER YOU GO OUT OF HOUSE FOR ANY NECESSARY WORK.

- E. WHEN YOU SNEEZE, OR COUGH COVER YOUR MOUTH AND NOSE WITH A HANDKERCHIEF OR TISSUE. THROW THE TISSUE IMMEDIATELY IN A COVERED TRASH BIN. IF YOU USE HANDKERCHIEF, THEN WASH IT IMMEDIATELY.



# ACHOOOOOO



GOOD THAT YOU CONCIUSLY  
WASHED YOUR HANDS  
LAKSHMI!  
WE MUST FOLLOW  
THESE HEALTHY HABITS  
ALL THE TIME!





ARE YOU STILL WORRIED DEAR?

HOW LONG COVID WILL BE THERE, MOM? WHEN CAN I GO TO SCHOOL, MEET MY FRIENDS AND PLAY WITH THEM?

HAVE PATIENCE LAKSHMI! WE ALL ARE IN THIS TOGETHER. YOU CAN ALWAYS TALK TO YOUR FRIENDS. WHY DON'T YOU CALL YOUR FRIENDS AND HAVE A TALK!

SURE! IT'S ALWAYS GOOD TO ASK YOUR PARENTS FOR THE PHONE BEFORE TALKING TO YOUR FRIENDS

OK AMMA. CAN I BORROW YOUR PHONE?



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OK AMMA. CAN I BORROW YOUR PHONE?

📞 HI PRIYA!  
HOW'RE YOU?

📞 I'M OKAY, A  
LITTLE BORED AFTER  
COMPLETING THE  
SCHOOL WORKSHEET

📞 **OMG!!!**

📞 HIIII! HOW'RE YOU?

📞 OH OKAY. I NEED TO  
COMPLETE ALSO; FEW PAGES  
LEFT. BY THE WAY, HAVE  
YOU HEARD THAT SRINI'S  
NEIGHBOUR HAS BEEN TESTED  
POSITIVE WITH COVID-19?



📞 SRINI IS VERY SCARED.  
HE CALLED ME YESTERDAY AND  
WAS TELLING ME NOBODY IS  
TALKING TO THEIR NEIGHBOURS.  
  
YOU KNOW, WHOEVER GET THAT  
DISEASE, WILL SPREAD TO OTHERS  
BEFORE DYING.

📞 NO PRIYA! THAT IS NOT TRUE!!  
MY MOM TOLD ME, NOT TO BELIEVE IN THESE  
UNSCIENTIFIC RUMOURS.

PLEASE CHECK WITH AUTHENTIC SOURCES  
FROM MOHFW, WHO OR UNICEF.



📞 MAY BE! IDK. TALK TO  
YOU LATER LAKSH. NEED TO  
FINISH MY HOMEWORK!





**AMMA!!**

YOU KNOW, SRINI'S NEIGHBOUR GOT COVID-19! ARE THEY GOING TO DIE??

**OH DEAR!!**

THEY WILL UNDERGO TREATMENT LAKSHMI. THERE ARE LOT OF HEALTH WORKERS AND DOCTORS WHO ARE CONTINUOUSLY WORKING TO TAKE CARE OF THE PEOPLE WHO HAVE ACQUIRED COVID.

DON'T WORRY! REMEMBER THE PREVENTIVE MANTRAS TO KEEP COVID AWAY.





LAKSHMI, CAN YOU PLEASE HELP ME IN THE KITCHEN?

SHE IS SCARED... I NEED TO DO SOMETHING...UGHHH WHAT CAN I DO!!!

WHAT IF...

OK MOM....





WHAT HAPPENED TO YOU?  
YOU LOOK WORRIED..?

YEAH, SO MANY THINGS PENDING.  
ALL MY WORK TIME IS GETTING MESSED UP!  
I THINK I NEED TO MAKE SOME ROUTINE FOR  
LAKSHMI AND ME. IT'S DIFFICULT TO KEEP  
SANITY AFTER LISTENING TO COVID-19 NEWS  
WHOLE DAY!



WOW! IT'S  
A GREAT  
SUGGESTION!

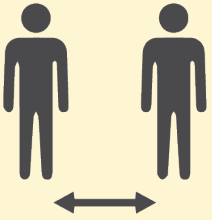
INDEED!! SIGH! DO NOT WATCH NEWS  
ALL DAY! IT'S BETTER TO RELAX  
SOMETIMES WITH YOUR CUP OF TEA  
AND LIMIT THE SCREEN TIME.

LAKSHMI AND YOU CAN READ SOME  
STORIES TOGETHER OR WHATEVER YOU  
BOTH WANT TO DO WITH LOVE, DO  
IT. YOU WILL FEEL GOOD. I CAN ALSO  
JOIN BOTH OF YOU.



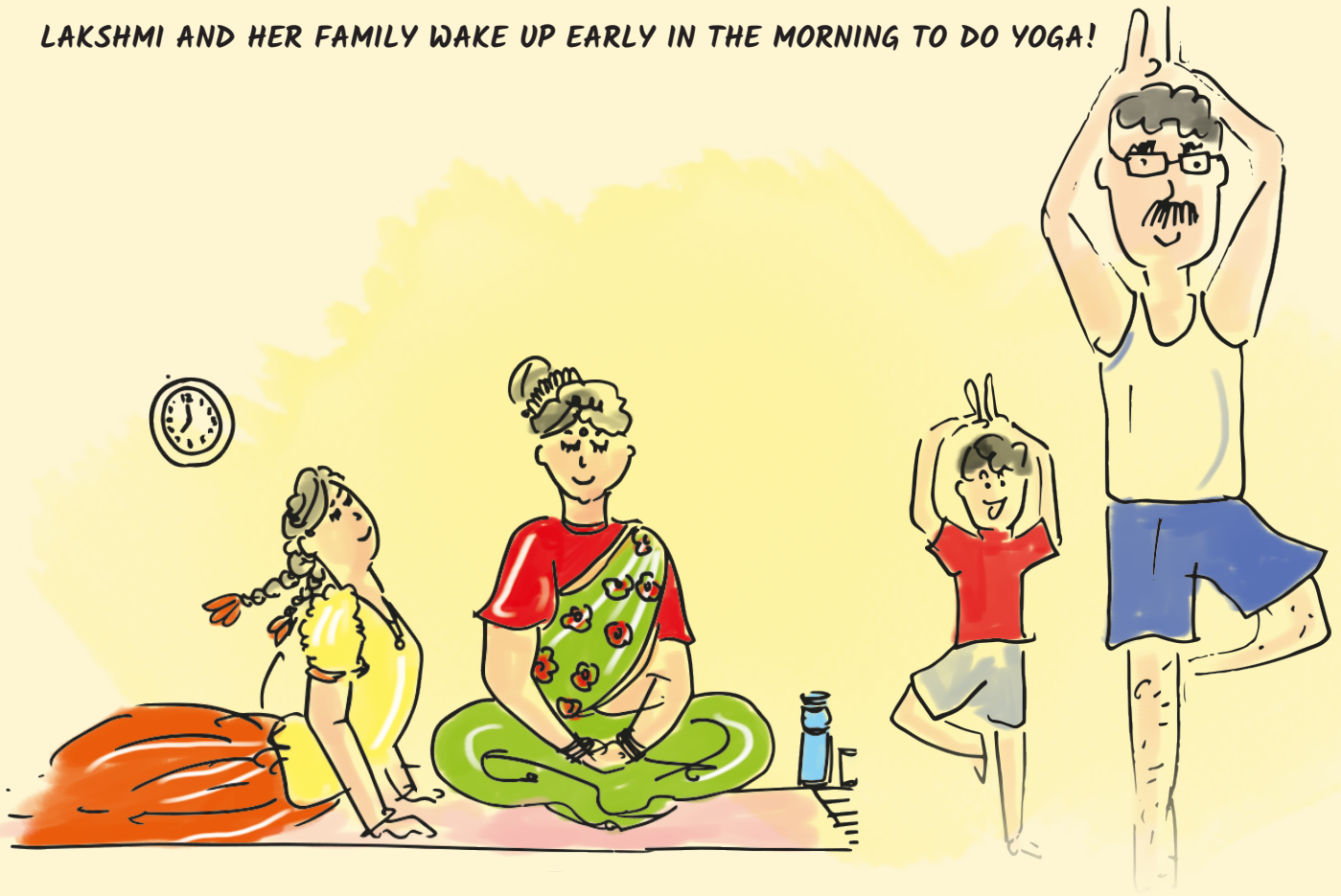


1. CREATE A FLEXIBLE BUT CONSISTENT DAILY ROUTINE
2. WE WILL SET ASIDE TIME TO SPEND WITH CHILDREN.
3. LISTEN TO CHILDREN AND GIVEN THEM FULL ATTENTION.
4. FIX A TIME TO SWITCH OFF TV AND PHONE. IT'S A VIRUS FREE TIME.
5. HELP CHILDREN TO STAY CONNECTED WITH FRIENDS THROUGH DIGITAL PLATFORM.
6. TEACH CHILDREN ABOUT IMPORTANCE OF HANDWASHING AND SAFE DISTANCING.
7. GIVE CHILDREN SIMPLE JOBS AND RESPONSIBILITIES (DON'T FORGET TO PRAISE THEM AFTER THEY COMPLETE IT).
8. KEEP CLAM AND MANAGE STRESS (WE ARE ALL IN THIS TO GETHER).





LAKSHMI AND HER FAMILY WAKE UP EARLY IN THE MORNING TO DO YOGA!



LAKSHMI ATTENDS HER ONLINE CLASSES.



LAKSHMI AND HER PARENTS HAVE FUN WORKING IN THE KITCHEN TOGETHER!



AND HER BROTHER SPEND THEIR EVENING PLAYING IN THE HOUSE.

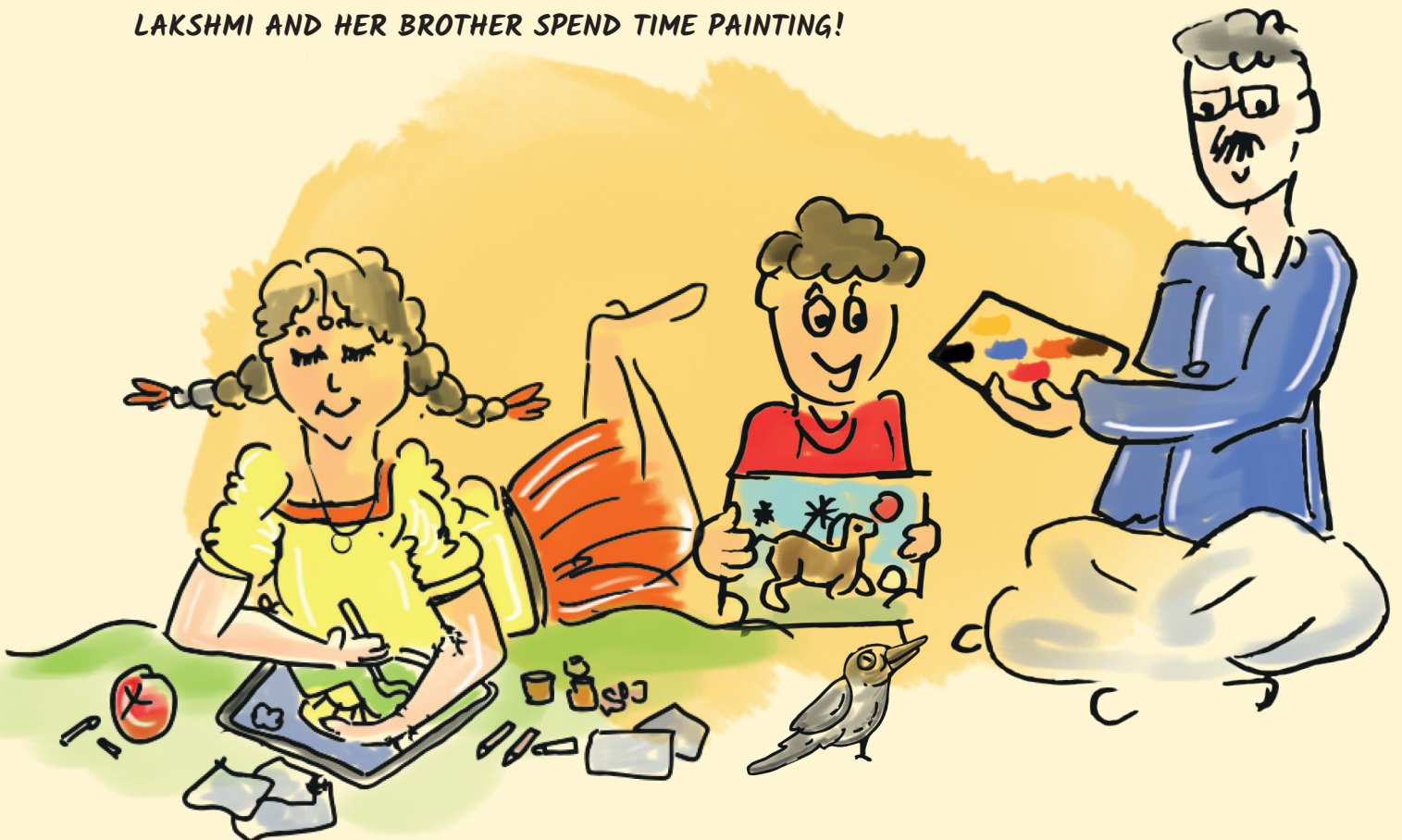




LAKSHMI AND HER FAMILY WATER THEIR PLANTS.



LAKSHMI AND HER BROTHER SPEND TIME PAINTING!



HAVE YOU HEARD THAT IN OUR NEXT BLOCK, ONE PERSON HAS BEEN HOSPITALISED? BUT I DON'T KNOW THE REASON.

YES, I TOO HEARD THAT PEOPLE IN OUR NEIGHBOURHOOD ARE SPREADING RUMOURS THAT FAMILY IS TESTED POSITIVE FOR COVID AND HAVE STARTED STIGMATIZING THEM!

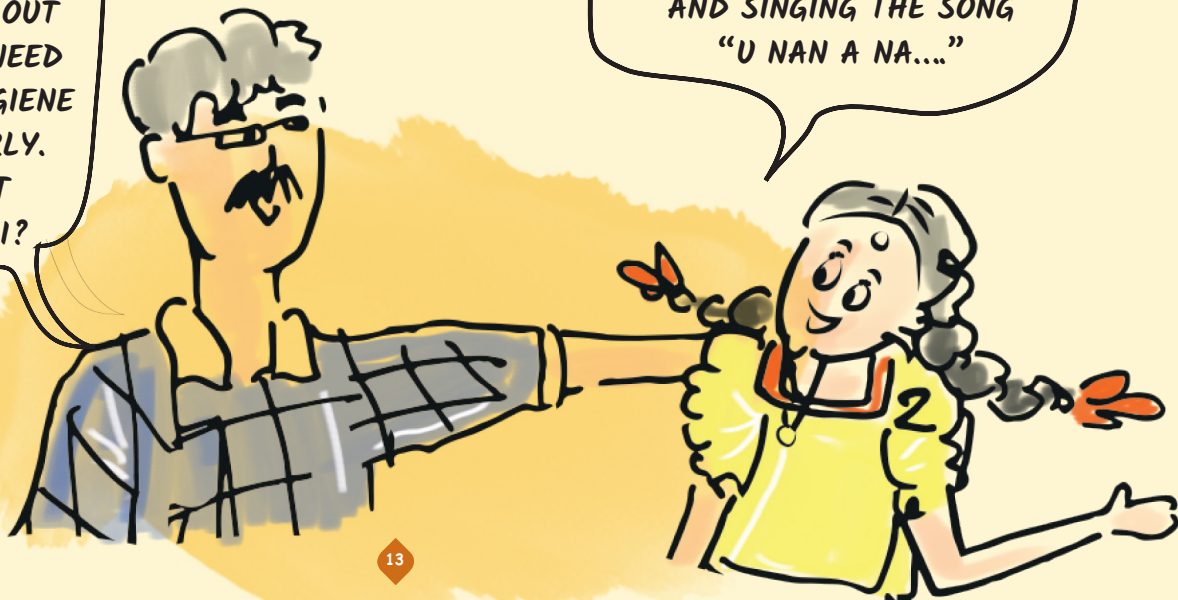
THIS IS SO SAD AMMA. WE SHOULD NOT STIGMATISE AND DISCRIMINATE PEOPLE JUST BECAUSE THEY ARE SICK. THE UNCLE WHO GOT HOSPITALISED, WILL RETURN HOME AFTER HIS TREATMENT. ISN'T IT APPA?



YES, NOBODY SHOULD SPREAD RUMOURS OR DISCRIMINATE ANYONE ON THE BASIS THEIR HEALTH CONDITION. NOW IS THE TIME TO SHOW EMPATHY AND BE A HERO RATHER THAN BEING A BULLY!

TO KEEP OURSELVES OUT FROM COVID-19, WE NEED TO MAINTAIN OUR HYGIENE PRACTICE REGULARLY. ARE YOU DOING IT PROPERLY LAKSHMI?

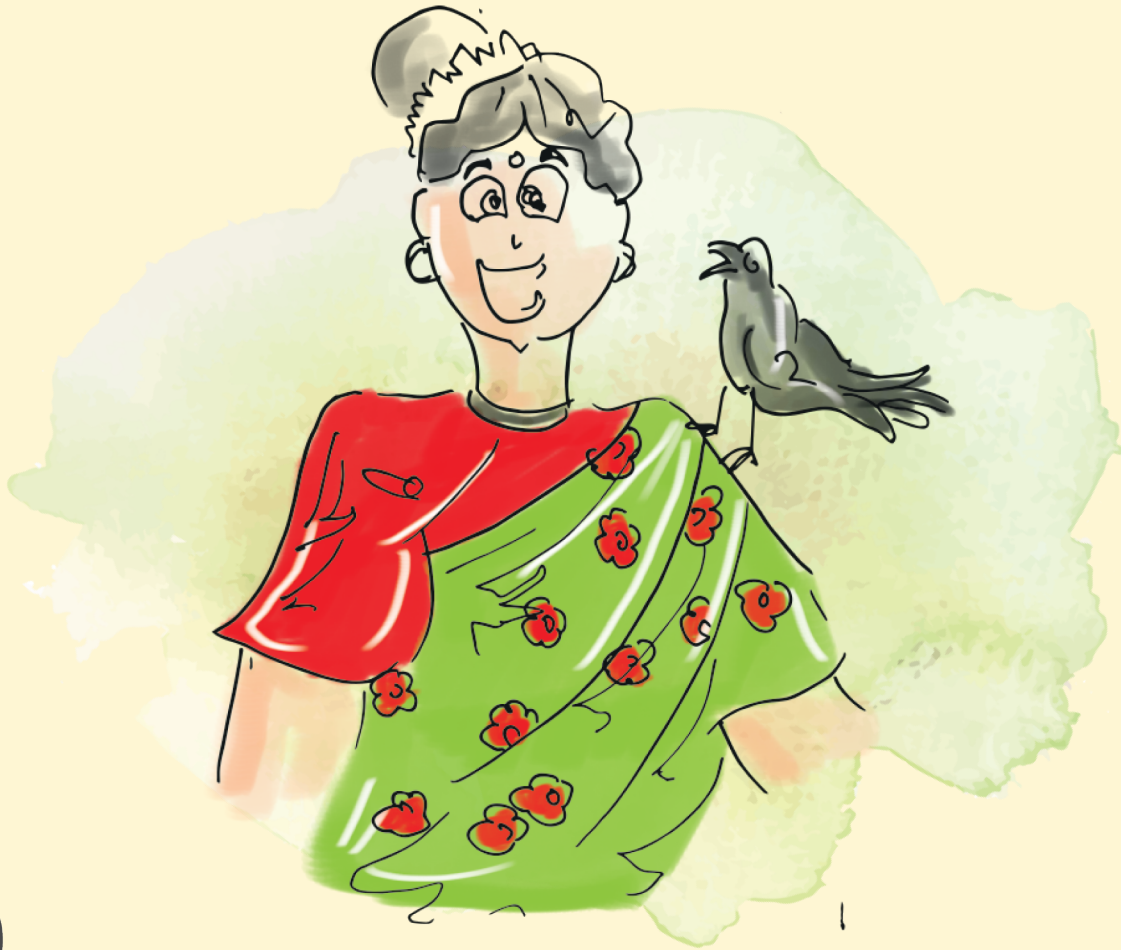
OF COURSE YES, APPA! MUMMY HAS TAUGHT US AND SINGING THE SONG "U NAN A NA...."







**THIS SHALL TOO PASS AND AS PARENTS WE NEED TO FOLLOW THESE GUIDELINES.**



1. **CREATE A FLEXIBLE BUT CONSISTENT DAILY ROUTINE.**
2. **ENCOURAGE THE CHILDREN DO WHAT WHATEVER THEY LOVE TO DO.**
3. **ENCOURAGE THEM TO LEARN NEW THINGS.**
4. **SPEND TIME TOGETHER BY READING BOOKS, SHARING HOUSE CHORES, BAKING TOGETHER, DO SOME FUN THINGS TOGETHER OR SIMPLY SHARE SOME FUN CHILDHOOD MEMORIES.**
5. **KEEP YOUR ATTITUDE POSITIVE AS PARENTS; BE THEIR ROLE MODELS.**
6. **WHEN THE SITUATION IS TOUGH AND CHILD MISBEHAVES, INSTEAD OF SCREAMING HAVE A HEART TO HEART TALK.**
7. **SHOW WARMTH, GIVE THEM HUGS TO REASSURE THAT THEY ARE SAFE.**
8. **LIMIT SCREEN TIMES FOR THEM & YOURS .**







9. APPRECIATE CHILDREN WHEN THEY ARE ACHIEVING SMALL GOALS WHICH YOU SET IN ROUTINE.
10. ENCOURAGE THEM TO TALK TO THEIR FRIENDS OVER PHONE OR VIDEO CALL. IT IS IMPORTANT THAT THEY SHOULD BE IN TOUCH WITH THEIR FRIENDS.
11. TEACH THEM TO RESPECT OTHERS, NOT TO SPREAD RUMOURS AND NO TO DISCRIMINATE OR TO BULLY ANYONE.
12. GUIDE THEM TO SEE THE AUTHENTIC NEWS FROM MOHFW, WHO & UNICEF REGARDING COVID-19
13. TAKE A PAUSE.
14. MAKE THE HEALTHY PRACTICE OF HAND-WASHING & MAINTAINING HYGIENE AS A DAILY ROUTINE.
15. LOOK AT THE POSITIVE SIDES OF THIS SITUATION.



**WE ARE ALL IN THIS TOGETHER!**



## ABOUT THE INITIATIVE

UNICEF state office for Tamil Nadu and Kerala has partnered with InkLink Charitable Trust to develop comic books by the children, for the children.

Life in the time of COVID19 is totally unprecedented. Due to the extended lockdown, children are likely to be experiencing worry, anxiety and fear.

The comic book 'Parenting tips during COVID 19' is short story for both parents and children to read the book together. It will help parents to interact with positively and constructively with their children during this time of lockdown and restrictions.

#Togetheragainstcovid19

